





# - EARTHQUAKES -

## Are you prepared?



### BEFORE AN EARTHQUAKE

1. *Emergency supplies and equipment should be prepared or purchased.*  
Water and food for at least three to fourteen days. A stove (camp type or BBQ) and fuel for operation. An emergency box or kit with: flashlight(s), first aid kit, first aid handbook, ABC multi purpose fire extinguisher (the larger the better), portable AM radio, and extra batteries.

**Note:** *The above is prudent to have on hand for other emergencies, too!*

2. *Get first aid training.*  
One or more members of the family should have a knowledge of first aid procedures as medical facilities may not be readily available. Medical facilities can be damaged, inaccessible, or overloaded in your area after a major earthquake.
3. *Go over emergency procedures with the family.*  
To avoid panic and injury, family members should learn all they can about earthquakes. Establish an Out-of-State Phone Contact for the family to carry at all times. They should know the location of, and how to turn off the electricity, gas, and water. This is particularly important for teenagers who might be home alone, or with smaller children. The more they all know about earthquakes, the better prepared they'll be.

### FOR FURTHER INFORMATION:

Contact the Los Angeles Fire Department at (213) PREPARE, or the Red Cross at (213) 739-5200.

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**IT'S A GOOD YEAR TO PREPARE!**